

DARN-CAT of Change Talk

Desire

Statements about preference for change.

“I want to ...”

“I would like to ...”

“I wish. ... “

Ability

Statements about Capability.

“I could ...”

“I can ...”

“I might be able to . . . “

Reasons

Specific Arguments for Change

“I would probably feel better if ...”

“I need to have more-energy to play with my kids ... “

Need

Statements about feeling obliged to change.

“I ought to “

“I have to “

“I really should ...”

Commitment

Statements about the willingness of change.

“I am going to ... “

“I promise ...”

“I intend to ... “

Actuation

Statements about their willingness to change.

“I am ready to ... “

“I will start tomorrow...”

Taking Steps

Statements about action taken.

“I actually went out and. ...”

“This week I started ...”